

Monday

Tuesday

Wednesday

Thursday

Friday

JANUARY 2014

Each meal costs the FCDOA Nutrition
Program \$4.80, your contributions per meal helps
make more meals possible



HOLIDAY

<p>JANUARY 2014</p> <p>Each meal costs the FCDOA Nutrition Program \$4.80, your contributions per meal helps make more meals possible</p>		<p>HOLIDAY</p>		<p>1 Chicken Breast in Orange Sauce Rice Pilaf Steamed Carrots Diced Peaches Rye Bread Apple Juice Milk</p>	<p>2 Meatloaf w/Gravy Mashed Potatoes Succotash Fresh Orange Wedges Wheat Bread Applesauce Milk</p>	<p>3</p>
				<p>8 Sub Day Roast Beef on Kaiser Roll Lettuce & Tomato Red Onion Potato Salad & Cole Slaw Fruit Cocktail Fruit Juice Milk</p>	<p>9 BBQ Beef Tips Served over Rice Pilaf Steamed Baby Whole Carrots 3 Bean Salad Wheat Bread Mandarin Orange Sections Pineapple Juice Milk</p>	<p>10 Rigatoni & Meatballs In Tomato Sauce Fresh Tossed Salad Salad Dressing Sliced Fresh Apples Wheat Bread Apple Juice Milk</p>
<p>6 Sliced Turkey w/Gravy Sweet Potatoes Peas Multi Bean Salad Sliced Fresh Apples Dinner Roll Cranberry Juice Milk</p>	<p>7 Beef & Multi Bean Chili Served over Rice Pilaf Mixed Vegetables Fresh Pears Whole Wheat Bread Orange Juice Milk</p>	<p>13 Chicken Stew w/Peas & Carrots Biscuit Brown Rice Fresh Tangerine Grape Juice Milk</p>	<p>14 Tuna Salad Cold Plate Served on Fresh Tossed Salad w/Peach Slices & Fresh Grape Tomatoes Whole Wheat Crackers Navy Bean Soup Milk</p>	<p>15 Salisbury Steak w/Gravy Mashed Potatoes Fresh Pear Corn Dinner Roll Tomato Juice Milk</p>	<p>16 Apple Juice Fried Chicken Mashed Potatoes w/Gravy Steamed Broccoli Dinner Roll & Margarine Apple Pie Milk</p>	<p>17 ¼ lb Beef Hot Dog Hot Dog Roll Baby Whole Carrots Mixed Baked Beans Sliced Peaches Pineapple Juice Milk</p>
<p>20 Martin Luther King Holiday</p>	<p>21 Baked Potato Bar w/Chili con Carne & Shredded Cheddar Cheese Tossed Salad w/Ranch Dressing Wheat Bread Apple Sauce Fruit Juice Milk</p>	<p>22 Sausage w/Gravy Home Fried Potatoes Biscuit w/Gravy Scalloped Apples Orange Sections Pineapple Juice Milk</p>	<p>23 Meatloaf w/Gravy Mashed Potatoes Green & Yellow Squash Casserole 3 Bean Salad Dinner Roll Applesauce Tomato Juice & Milk</p>	<p>24 Pasta Jambalaya w/Chicken, Beef, & Shrimp Cut Sweet Potatoes Green Beans Fruit Cocktail Whole Grain Rye Bread Apple Juice Milk</p>		
<p>27 Lemon Garlic Baked Chicken Quarter Maple Glazed Carrots Fresh Tangerine Pasta Salad Wheat Bread Pineapple Juice Milk</p>	<p>28 Sweet & Sour Meatballs Served over Rice Green Beans Fresh Tossed Salad Ranch Dressing Whole Wheat Bread Tropical Fruit Milk</p>	<p>29 Grilled Turkey & Cheddar Cheese Burger on Roll Creamed Kale Baked Beans Fresh Orange Wedges Lettuce & Tomato Grape Juice Milk</p>	<p>30 Pepper Steak White Rice Corn Whole Grain Dinner Roll Pineapple Chunks Cranberry Juice Milk</p>	<p>31 Pulled Pork BBQ on Roll Lettuce Seasoned Greens Fresh Pear Fruit Punch Lentil Spinach Soup Milk</p>		

~Menus subject to change~